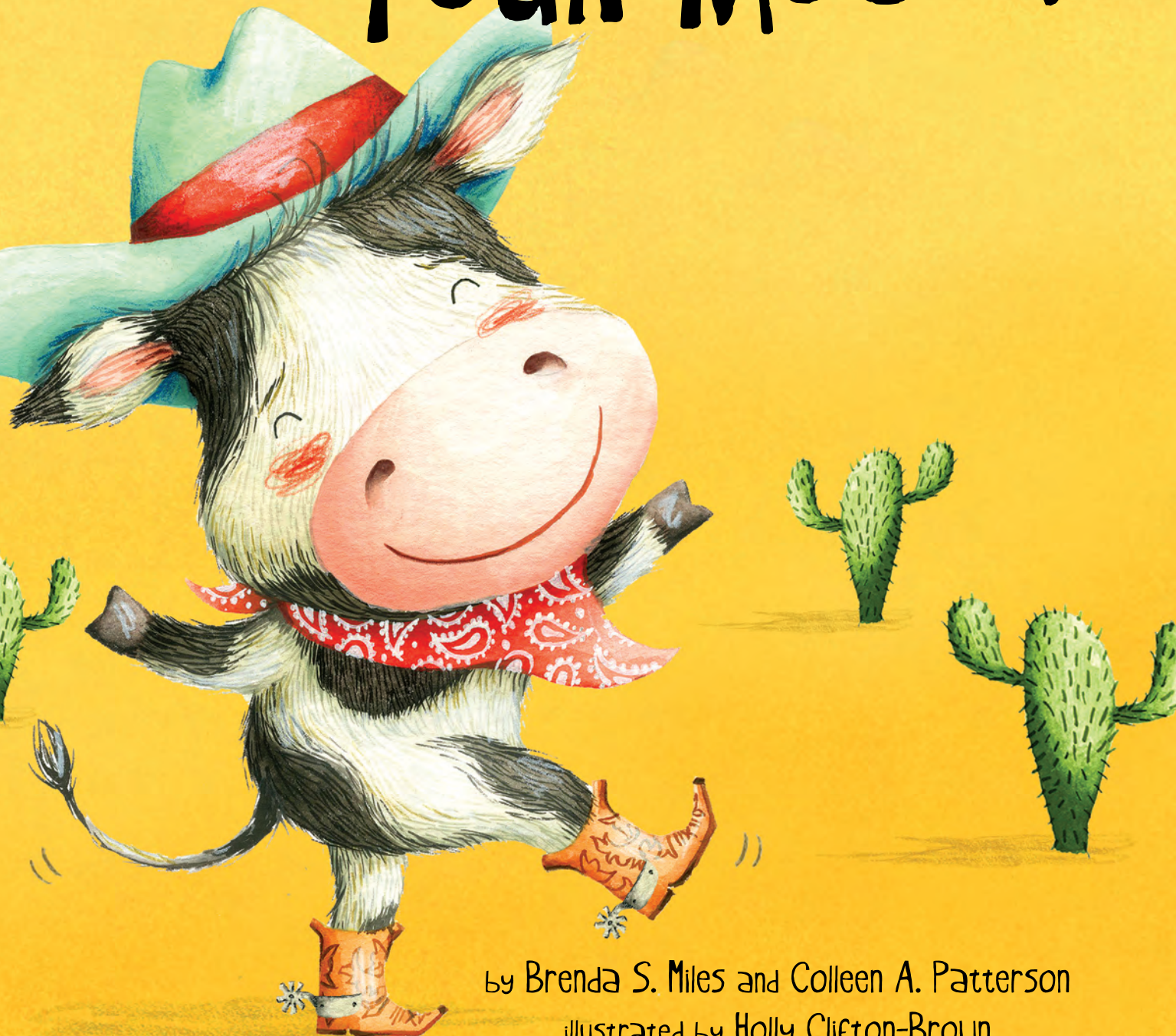


MOVE YOUR MOOD!



by Brenda S. Miles and Colleen A. Patterson
illustrated by Holly Clifton-Brown





Feeling blah? Here's what to do.

MOVE YOUR BODY

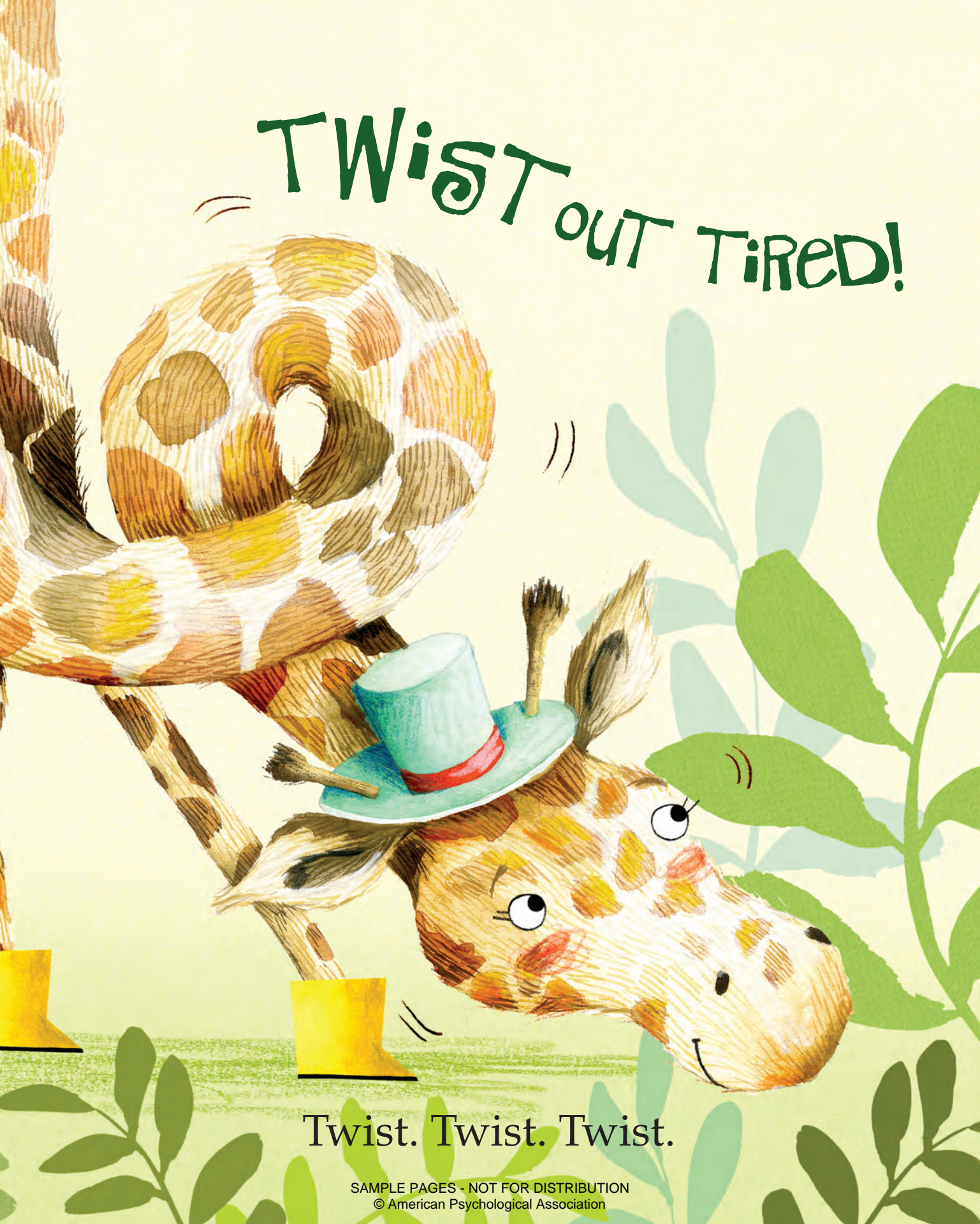
and your mood moves too!

SAMPLE PAGES - NOT FOR DISTRIBUTION

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TWIST OUT TIRED!



Twist. Twist. Twist.

WIGGLE
OUT WORRIED!



Wiggle like this!



Children's / Emotions
Ages 4-8

MOVE YOUR MOOD!

Feeling blah? Here's what to do.

Move your body and your mood moves too!

Move Your Mood! invites kids and adults to twist, wiggle, shake, hop...and smile! Reading this book with your child is an active and fun way to teach your child about emotions, and introduce the idea that moving our bodies affects the way we feel inside.

Ready to start feeling better? Move and groove your way into a better mood!

Includes a **Note to Parents, Caregivers, and Teachers** with suggestions for how to use the book with your child, and additional ideas for teaching your child about emotions.



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